

#1170
2.18.2019

In this issue

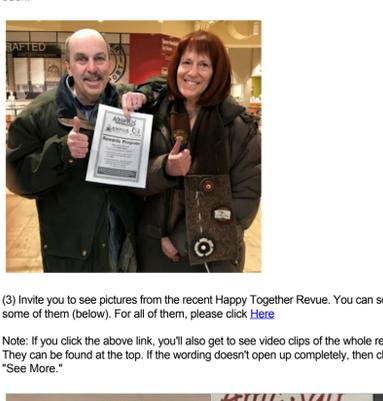
- 1. [Reflections](#)
- 2. [FYI](#)
- 3. [Joke 1](#)
- 4. [Reviews](#)
- 5. [TV alert](#)
- 6. [Joke 2](#)
- 7. [Clips/Websites](#)
- 8. [Technology tip](#)
- 9. [Joke 3](#)
- 10. [A quote I like](#)
- 11. [Thought for the day](#)
- 12. [Advance planning department](#)

1. Reflections

If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do is send an email to: bjnbc@aol.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

- (1) Met my brother Ken Greenfield (top row, right), grandnephew Julian Greenfield and nephew David Greenfield for a scrumptious buffet at Chateau Elan in Braselton, Georgia.



- (2) Visited the Acropolis Pizza Cafe for our first time. We liked the pizza and will be back!



- (3) Invite you to see pictures from the recent Happy Together Revue. You can see some of them (below). For all of them, please click [Here](#)

Note: If you click the above link, you'll also get to see video clips of the whole revue. They can be found at the top. If the wording doesn't open up completely, then click "See More."



B. During the week, I:

- (1) Saw Erinn Dearth, Dan Beckman and Courtney Coco Groves in a fabulous performance of "Letters From Home." To see more pictures, as well as several of the songs, please click: [Here](#)

Note: See below, Section 1Em (12), for a chance to win a CD of this trio's music.



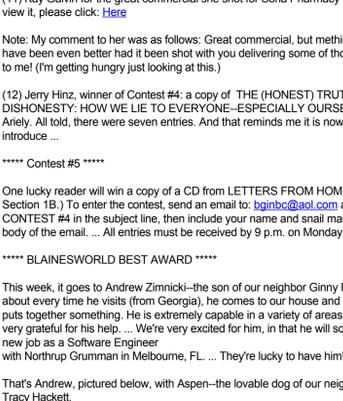
- (2) Had the pleasure of attending an Incredible Business Networking Event at Yao Buffet with Hank Eder and Lauren Gabrielle Foster. I even won a cap, courtesy of Lone Bird Studio.



C. WPVM invites you to listen to the BLAINESWORLD show on Wednesday, Feb. 20, featuring Jerry Crouch (left) and Mark Thompson (right). To view the show via Facebook Live, please click: [Here](#)

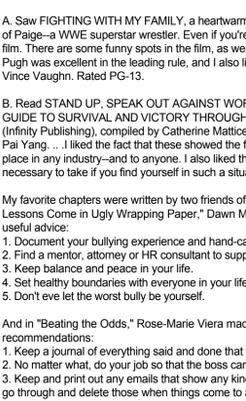
Note: The play Jerry had directed, FOOTLOOSE, runs at Asheville Community Theatre through March 9. For tickets, please click: [Here](#)

The play Mark both wrote and directed runs at Brevard Little Theatre through March 3. For tickets, please click: [Here](#)



D. Congratulations to:

- (1) Brent Russell on being recognized at the Gold Sales Level by clients and Beverly-Hanks for 2018.
 - (2) Gaia Goldman on being recognized at the Chairman Sales Level by clients and Beverly-Hanks for 2018.
 - (3) Jamie and Zach Knox on the birth of their daughter Margo.
 - (4) David Hyman on the publication of his first book, I AM AN ONLY CHILD ASK MY 3 SISTERS.
 - (5) James Edward Lee III on being named the next CEO of the Boys & Girls Clubs of the Cedar Valley.
 - (6) Josh Dorfman on receiving the Vanguard Award at Venture Asheville's inaugural Venture 15 awards ceremony.
 - (7) Ron Leslie on being named one of Biltmore Lake's newest Guardians ad Litem.
 - (8) Howard Debs on having his latest poem published by TUCK MAGAZINE. To read the poem, please click: [Here](#)
 - (9) Joe McDermott on having become a million dollar producer for Howard Hanna The Frederick Group.
 - (10) Jennifer Aliverni on her new position as Equal Opportunity Specialist at Health Resources and Services Administration.
 - (11) Kay Galvin for the great commercial she shot for Sona Pharmacy + Clinic. To view it, please click: [Here](#)
- Note: My comment to her was as follows: Great commercial, but methinks it could have been even better had it been shot with you delivering some of those sandwiches to me! (I'm getting hungry just looking at it.)
- (12) Jerry Hinz, winner of Contest #4: a copy of THE (HONEST) TRUTH ABOUT DISHONESTY: HOW WE LIE TO EVERYONE--ESPECIALLY OURSELVES by Dan Ariely. All told, there were seven entries. And that reminds me it is now time to introduce ...
- ***** Contest #5 *****
- One lucky reader will win a copy of a CD from LETTERS FROM HOME. (See also Section 1B.) To enter the contest, send an email to: bjnbc@aol.com and put CONTEST #4 in the subject line, then include your name and snail mail address in the body of the email. ... All entries must be received by 9 p.m. on Monday, March 4.
- ***** BLAINESWORLD BEST AWARD *****
- This week, it goes to Andrew Zimnick--the son of our neighbor Ginny Plaisted. ... Just about every time he visits (from Georgia), he comes to our house and either fixes or puts together something. He is extremely capable in a variety of areas, and we are very grateful for his help. ... We're very excited for him, in that he will soon be starting a new job as a Software Engineer with Northrup Grumman in Melbourne, FL. ... They're lucky to have him!
- That's Andrew, pictured below, with Aspen--the lovable dog of our neighbors Ed and Tracy Hackett.



[Back to Top](#)

2. FYI

Want an incredible snack and/or dessert? Then try Yasso Frozen Greek Yogurt Bars. ... Cynthia had been raving about the Coffee Chocolate Chip for months, but when I came across the Coconut Caramel Chocolate Chip variety, I had to give it a try. It tastes even better than it sounds. ... Also, there are only 100 calories in each bar, it's gluten free and there's 5 grams of protein in each bar. ... Unfortunately, my local inges carries only a few of the 17 different flavors, but to list just some of the other ones: Chocolate Chip, Chocolate Chip Cookie Dough, Sea Salt Caramel and S'mores. To see all the available varieties, click: [Here](#)

FYI, part 2

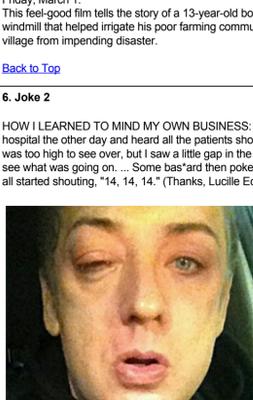
To read each of the following contributions in full, please click: [Here](#)

- (1) Vickie Gaddy: Energy Drinks "Increase Stroke Risk by 500%" Due to Irregular Heartbeats. (2) Edie Weinstein: Pizza Healthier Breakfast Than Cereal, Study Finds. (3) Many Children Are Overdoing It on the Toothpaste. (4) 6 Steps to Turn Regret Into Self-Improvement. (5) The Case Against Cough Medicine.

[Back to Top](#)

3. Joke 1

I was eating breakfast with my daughter, and I asked her: "What day is today?" ... She replied: "It's Presidents' Day!" ... Knowing that she is a smart kid, I then asked her: "What does Presidents' Day mean?" ... I was waiting for something about Trump, Obama or Clinton, but she replied: "This is the day when the President steps out of the White House, and if he sees his shadow, we have another year of bullshit." ... You know, it hurts when coffee spurts out your nose. ... PS. If you are like me, and you celebrate all holidays because there's more food, fun and friendship that way, HAPPY PRESIDENTS' DAY!(Thanks, Roberta Gurood, for sharing.)



[Back to Top](#)

4. Reviews

A. PAIGE FIGHTING WITH MY FAMILY, a heartwarming dramedy based on the true story of Paige--a WWE superstar wrestler. Even if you're not a fan of the sport, you'll like this film. There are some funny spots in the film, as well as some touching ones. Florence Pugh was excellent in the leading role, and I also liked the work of both Nick Frost and Vince Vaughn. Rated PG-13.

B. READ STAND UP, SPEAK OUT AGAINST WORKPLACE BULLYING: YOUR GUIDE TO SURVIVAL AND VICTORY THROUGH 23 REAL LIFE TESTIMONIES (Infinitely Publishing), compiled by Catherine Mattice Zundel, Camay McClure and Sue Pai Yang. ... I liked that these showed the fact that workplace bullying can take place in any industry--and to anyone. I also liked that book showed the steps that are necessary to take if you find yourself in such a situation.

My favorite chapters were written by two friends of mine. In "Sometimes Our Best Lessons Come in Ugly Wrapping Paper," Dawn Marie Westmoreland shared this useful advice:

- 1. Document your bullying experience and hand-carry it home.
- 2. Find a mentor, attorney or HR consultant to support you.
- 3. Keep balance and peace in your life.
- 4. Set healthy boundaries with everyone in your life.
- 5. Don't eve let the worst bully be yourself.

And in "Beating the Odds," Rose-Marie Viera made these valuable recommendations:

- 1. Keep a journal of everything said and done that was harmful.
- 2. No matter what, do your job so that the boss cannot use that against you.
- 3. Keep and print out any emails that show any kind of proof on your behalf. They will go through and delete those when things come to a head.
- 4. Surround yourself with a support system of friends and family.
- 5. If at all possible, seek medical help if needed. This is also documentation.

My hope is that you don't ever find yourself in a situation where you are bullied. But if this should ever happen to you, get hold of STAND UP, SPEAK OUT to become more familiar with what you need to do.

[Back to Top](#)

5. TV alert

A. PADDELETON: Movie premiere now on Netflix in this new film about oddball best friends, coping when one is diagnosed with a terminal illness. According to director Alex Lahmann, "This movie is about how lucky anyone can be to have the special friendship where someone in the world gets you. It's the most important thing in life."

B. THE 91ST ANNUAL ACADEMY AWARDS: Sunday, Feb. 24, at 8 p.m. on ABC I would have liked to have seen Kevin Hart as host, but since he got bounced, it will be interesting to see what the producers will do to replace him. I'll also be curious how my two favorite movies of the past year, GREEN BOOK and RBG, do when it comes to receiving awards.

C. O.G.: Monday, at 8 p.m. on HBO Jeffrey Wright stars in this prison drama that was filmed on location at an active maximum-security prison.

Note: Stay tuned for a documentary about the making of the film, IT'S A HARD TRUTH AIN'T IT, which airs immediately afterward at 10 p.m.

D. THE BOY WHO HARASSED THE WIND: Movie premiere on Netflix, starting on Friday, March 1. This feel-good film tells the story of a 13-year-old boy taught himself how to build a windmill that helped irrigate his poor farming community in Malwal, India, saving the village from impending disaster.

[Back to Top](#)

6. Joke 2

HOW I LEARNED TO MIND MY OWN BUSINESS: I was walking past a psychiatric hospital the other day and heard all the patients shouting, "13, 13, 13." ... The fence was too high to see over, but I saw a little gap in the planks. So I Iooked through to see what was going on. ... Some bas*ard then poked me in the eye with a stick! They all started shouting, "14, 14, 14." (Thanks, Lucille Eckert, for sharing.)



[Back to Top](#)

7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Bill Kormos: Kate Bush - Baboshka - Official Music Video: [Here](#)
- (2) Paul Marks: NBA player is disguised as an old man: [Here](#)
- (3) Steph's INSANE Bounce Pass Alley-Oop To Giannis! | 2019 NBA All-Star: [Here](#)
- (4) Joe Cocker: With a little help from my friends: [Here](#)

B. If you want to see cute pictures of different animals, check out Attack of the Cute. This is a great place to visit if you like saying, "Awwwww." ... To get there, click: [Here](#)

C. BLAINESWORLD, the website, remains up and running ... to view it, please click: [Here](#)

D. Are you on Facebook? In the unlikely event we have not yet connected as friends there, please feel free to send me an invite by clicking: [Here](#)

[Back to Top](#)

8. Technology tip

How to Rescue, Repair and Revive Old Family Photos by J. D. Biersdorfer

If you see your family pictures starting to fade away in their shoe boxes, crumbling photo albums or moldering slide carousels, fear not. There are easy ways to save your valuable images - and may be even make them better.

Shipping them off to a professional scanning company for digital, DigMyPics and ScanMyPhotos are easily found on the web and do fine work.

For the rest of this informative article, please click: [Here](#)

[Back to Top](#)

9. Joke 3

"Fair is fair," to quote the line from THE LEGEND OF BILLY JEAN. You can view it by clicking: [Here](#). (Thanks, Judy Chadwick, for sharing.)



[Back to Top](#)

10. A quote I like

Thanks, Peter Turk (1942-2019), for the many joyous moments you provided me as a result of your being a member of the Monkees. I enjoyed your both your music and TV show. ... To read more about Turk, as well as to view several video clips of him performing, please click: [Here](#)

"Put your energy into music. If it fails you, you can become an accountant or dentist. And then if you become a dentist or an accountant, it's too late to become a musician afterwards."--Peter Turk

[Back to Top](#)

11. Thought for the day

This is exactly how I feel about Cynthia, my beautiful bride. (Thanks, Judy Chadwick, for sharing.)

Wife: I love you!
 Husband: I love you, too.
 Wife: Prove it, scream it to the world.
 Husband: (whispers in her ear) "I love you".
 Wife: Why did you whisper it?
 Husband: Because you are my world!

[Back to Top](#)

12. Advance planning department

To read about each of the following events in full, please click: [Here](#)

A. NC events

- (1) Our VOICE: Me Too Movement Founder. (2) The Magnetic Theatre: Acton Movie: The Play. (3) Ryan Garcia: Happy Together +1. (4) The Basics of Stand Up Comedy, with Art Sturtevant

B. PA/NJ event

Peter and the Starcatcher.

PS. Make it a wonderful week!

[Back to Top](#)

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